



THESA
Teachers of Home Economics Specialist Association

Spring 2016



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Contributions to the newsletter are welcome, wanted and necessary – please share your successes, favorite lessons and recipes and projects. All submissions can be emailed to editor@thesa.ca.

Deadlines

Feb 15th for the Spring Edition
May 15th for the Summer Edition
August 15th for the Fall Edition
November 15th for the Winter Edition

So many ways to be part of Thesa!

Follow THESA on twitter @THESAORG
Join the THESA Facebook Group
Follow our Pinterest Board – THESA ORG

THESA is a provincial specialist association of the British Columbia Teachers Federation. Our members are Home Economics educators in British Columbia, Canada, collaborating together for the betterment of individuals, families, and community



President's Report

As a child, if you asked me what I wanted to be when I grew up, I would have said “a teacher.” I don’t remember exactly when I decided Home Economics was the field for me, but I liked cooking, sewing, and interior decorating so it seemed a natural fit. Now I would likely say it was also related to my pragmatism, as even then I wanted to teach something that was practical and more than just sitting in a seat memorizing information.

As I progressed through my university program in Home Economics and Secondary Education, I came to appreciate and develop a passion for the field of Home Economics. I identified with its aim—to improve the quality of life for individuals and families through effective management of resources. I also came to love the many areas encompassed in the field: foods, textiles, family studies, homes and interiors, and consumer economics. My belief in the importance of what we teach and its ability to enhance the lives of all our students, both now and in the future, was confirmed.

As we look ahead to a new curriculum, and I prepare to respond to the recently posted K-9 ADST documents, I am remembering that vision of the field. Whether it is called Home Economics, Family Studies, Human Ecology, Family and Consumer Sciences, or Everyday Life Education, what we teach is significant for the lives of today’s students. We provide a context and skills that students can carry with them for the rest of their lives--education that can help develop practical skills and critical reflection about factors that affect our students’ lives, no matter what career they choose—budgeting, food selection, sustainability, mending, clothing purchases, parenting, child development, personal development, communication, relationships, etc.

When I examine the new curriculum documents this is the lens that will provide direction for me. Will this curriculum continue to support students in improving the quality of their lives as individuals and families? Will it support the building of skills and critical thinking capacity that will enable them to make decisions and effectively manage resources? Will it continue to support the role of Home Economics as an important course in schools today?

I’m proud to be a Home Economics teacher. I’ve been fortunate to spend my career in a job I love, and a field that represents what I believe about individuals and families. While curriculum documents come and go, I feel that the writers are also thinking about how the curriculum can best support and prepare students as individuals and families in today’s world, and I look forward to further evolving my practice to challenge and support students in preparation for their future.

Paula Aquino
president@thesa.ca

From the Editor

Please keep your contributions coming – Editorials, book and movie reviews, resources, photographs and favorite websites!

editor@thesa.ca

Thesa Conference - Save THE DATE!!



THE PULSE OF EVERYDAY LIVING

The 2016 THESA conference will be held once again in beautiful Richmond BC, on October 21st, this time at Richmond High School

The theme of this year's conference is "Home Economics: The PULSE of everyday living." This is an extension of last year's theme, The Heart of Education, and also plays on the UN's declaration that 2016 is the International Year of Pulses. The focus on a sustainable source of nourishment lends itself well to the philosophy of home economics, and spills over into the ethical and socially just view of everyday living that we embody in Textiles, Foods and Family Studies.

REMEMBER: your THESA membership is included in the Conference cost

Benefits of THESA Membership

1. **This Newsletter!** - with interesting articles, exciting recipes, projects, curriculum updates, newsletter postings, and issues of concern to Home Economics teachers in BC.
2. Exclusive invitation to join our **members-only Facebook page**. This is a lively forum where members post interesting information and websites and network with each other. If you are looking for a lesson idea or want to share something you have found, this would be a good place to post
3. Our THESA website also has an **FAQ** page if you are looking for information about things like measuring cups or where to purchase aprons. www.thesa.ca
4. As a member, if you are pursuing a Home Economics diploma or further education, you may apply for one of our **scholarships**. More information is posted on the "awards" tab of our website.
5. Check out THESA www.twitter.com/THESAOrg #homeeconomics and #everydaylifed) and www.pinterest.com/thesaorg/

The PSA's are getting together and planning a
Super Conference in Vancouver October 20th, 21st 2017
stay tuned for more details.

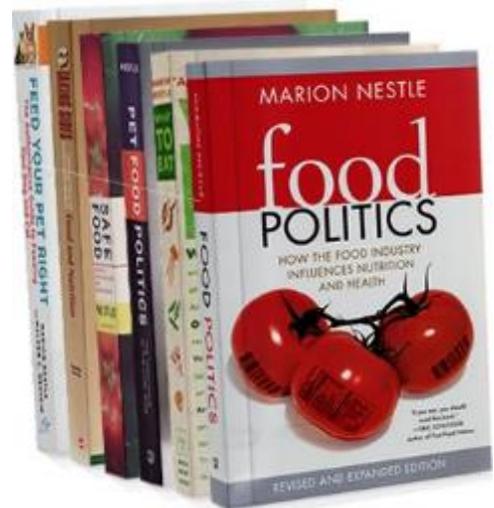
THESA's Book Club

There are countless resources out there that connect with Home Economics!

Is there one you've been interested in checking out? THESA would love to buy it for you!

Interested?

In return we would like participating members to write a short review of the book or film for our newsletter on how the topics covered fit in, are important, and can be used in the BC home economics classroom. Drop Martina an email at publicrelations@thesa.ca with the purchase information and it will be delivered (hard copy or e-book) to your door shortly after. The number of books or films is limited so contact us early. Looking forward to hearing from you!



Web Watch

www.teachbc.bctf.ca if you haven't checked out the BCTF website of teaching resources now is the time! There are many great home economics resources submitted

www.iyp2016.org. international year of the pulse – great resources and recipes

www.mediasmarts.ca – lesson ideas and games on media literacy

MEMBER Book Reviews

Submitted by Pailin Chongchitnant

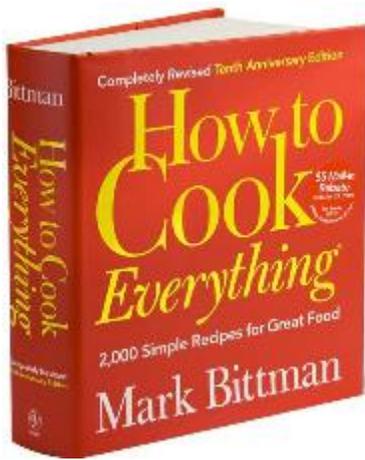
How to Cook Everything: The Basics by Mark Bittman

Mark Bittman is a name that comes up often in popular food media. Apart from being the author of many best-selling cookbooks, he was also a food columnist for the New York Times, and regularly appears on Iron Chef as a judge.

Although he has written 16 cookbooks, he is best known for *How to Cook Everything*, a massive encyclopedia-like cookbook with over 2,000 recipes for, well, everything! Since then, he has written 3 more books under the “How to Cook Everything” umbrella, including *How to Cook Everything Fast*, *How to Cook Everything Vegetarian*, and the one I am reviewing, *How to Cook Everything: The Basics*.

This hard-cover, 486-page “bible” is a teacher precisely because it is, as everything from proper skills, what “simmering” actually There are lots of photos to go with project onto a screen or photocopy

The recipes are arranged according almost use as a guide for your year snacks, salads, soups and stews, beans, meat, poultry, seafood, great for the classroom in that they relatively budget-friendly, and are recognizable and well-known, which can be helpful if you’ve got lots of unadventurous eaters in the class.



the perfect reference for a home ec the title suggests, basic. It covers measurement techniques, basic knife looks like, and what “sauté” means. the content, which you can easily into a worksheet.

to nice neat categories that you can plan: breakfast, appetizers and pasta and grains, vegetables and breads, and desserts. The recipes are use common ingredients, are because it’s a basic book, most dishes

In addition to photos of the finished dish, each recipe also has photos of important steps that you can also photocopy into recipes for students. Every recipe also comes with tips, which address issues such as the most challenging step of the dish, how to prepare the dish in advance, or the best substitute for a seasonal ingredient. The highlight for me is that most recipes also come with suggestions for variations—more ideas is always helpful! You can even get each group of students to make a different variation of the same dish as a way to teach kids that once they understand the basic techniques of cooking the dish, they can use their creativity to modify the dish to suit their needs.

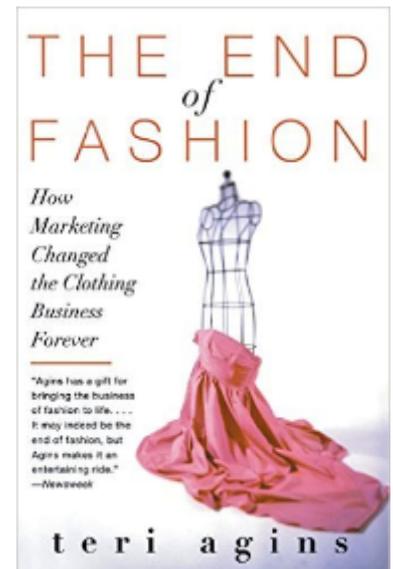
Perhaps what I find most useful about a basic cookbook like this one is that it’s a good reference for when you wonder about simple things like...how long does it take to cook corn on the cobs? If you don’t yet have a go-to reference cookbook for basic techniques and recipes, I definitely recommend this one.

The End of Fashion by Teri Agins

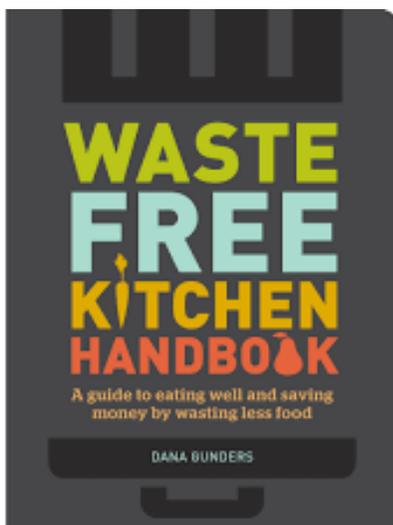
While this book was written in 1999, much of it still echoes true today. The author is the Fashion Writer for the Wall Street Journal, and she uses her inside knowledge of the fashion industry to write a well-researched, and enjoyable book about the fashion industry. With a healthy combination of industry gossip, and research, she looks at how the fashion industry underwent major changes in the 1980's and 1990's. Trends were no longer dictated by major designers—if women didn't respond positively to them, they wouldn't buy them (she references women's pushback against the short skirt trend in 1987).

The End of Fashion is a great read about the fashion industry. Agins states that fashion revolves around the concept of “planned obsolescence”, and it's a good reminder that this multi-billion dollar industry does exist because we want, not need, new clothes. I enjoyed reading stories about designers such as Zoran, and the business dealings of Donna Karan, as well as how some retailers, such as Marshall Fields, stumbled in their home town of Chicago. After the closing of Target stores in Canada, it's a good reminder that retailing isn't always about the brand, it's about the customer.

My only issue is that because the book was written in 1999, there's no discussion of the impact of fast fashion, and celebrity “designers” on the fashion industry. I was happy to find out that she has written a second book, published in 2014, *Highjacking the Runway*, that does that very thing. I've put it on my book order wish list!



The Waste Free Kitchen Handbook by Dana Gunders



The author is a US-based researcher whose work focuses on food wasted and her vast amount of knowledge comes across in this great resource. Her thorough introduction, details the contributing factors to food waste in homes (and to a lesser extent, industry), as well as the environmental and economic effects of all this wasted food (while this is an American book, estimates are that Canadians waste \$31B in food each year). The book is then divided into 3 sections. The first gives strategies that consumers can use to reduce food waste, including areas such as shopping, storage, use of scraps and leftovers, and pantry essentials. Her next section lists recipes, each highlighting how it uses up leftover foods. The final section is a directory of ingredients, detailing storage information, and ways in which these items could be used or revived. She addresses food safety concerns throughout the book.

I highly recommend this for home, as well as classroom usage. It is a great resource to encourage students and consumers to think more deeply about the food they buy, consume, and discard. Coupled with the documentary “Just Eat It: A Food Waste Story”, this would make for a great learning opportunity for Food Studies class

Teacher Spotlight

Name: Jocelyn Deck



Social media : I don't have any "professional" social media, and my website will be under construction for the new school. If people are going to look, I guess I should get moving on it!

Website:msdecksclass.wordpress.com

What do you teach? Foods, Textiles, English and EAL

What did you study? My Bachelor's is in English and Linguistics, and I did the Home Ec diploma at UBC.

How you got into teaching Home Economics: I didn't take Home Ec in school--I went to a small school, so options were limited--but I have always made time for being creative at home; cooking, sewing, knitting, beading. For years, my friends were in my ear, telling me that I should consider teaching Home Ec, but it wasn't until a few years ago that I made the decision to go back to school.

What is your favourite thing about being a home economics teacher? I love that every time I learn something new, my head starts spinning with new ideas of how to share that with the kids. I love to strategize, or love the proud looks on create something they



working with students problem-solve, and I their faces when they didn't know they could.

A pet peeve you have anything else)? I ridiculous, but there are do their assignment on a with the holes on the backwards! It makes me teaching, I made handout "How to Hand In an not to annoy Ms. Deck listed the most annoying crumpled or ripped to weird colours of ink. It course, but it was effective! They realized that if they didn't treat their work like it was

(about teaching or recognize that this is always those kids who piece of lined paper, but right-hand side! It's mental! My first year for my classes called Assignment: aka How when she's marking!" I things kids do, from paper, to no last names, was all in good fun, of

important and worth caring about, they ran the risk of others doing the same.

A favourite lesson you teach: I love teaching about fabric structure. Strange, I know, but I love showing my students how to weave, and then teaching them how to knit. Everyone buys clothes, so once the students understand how fabrics are constructed, they understand why the side seams of their cheap t-shirt twist, or why their jeans fray. It becomes more than just creating something; it is part of teaching them to be well-informed consumers.

A funny story/flop of a lesson gone wrong: I had decided that I was going to have "boat races" to practice threading the machines with my grade 8 class. I hadn't planned it as well as I had thought. With 5 different types of machines and three types of bobbins, it was a gong show! My poor peer tutors kept having to help all the frustrated kids snap in their bobbin cases while the kids with drop-in bobbins gloated around them. I planned a VERY different lesson the next term!

Any "discovery" you've made lately you think other home ec teachers might want to know about: I'm very inspired by fermentation right now. I took the workshop with Andrea Potter the conference this fall, and I've been itching to try it with kids. Since it's a probiotic process, rather than a sterile one, I think it will be a great way to introduce the younger kids to food preservation. I've also been reading "Gut" by Giulia Enders, which is an amazing book on the digestive system, gut bacteria and our overall health. I think with this information and a few other resources, I am going to pull together an awesome unit on traditional knowledge, cultural food traditions and their connections to our health.



at

Something you wish the general public knew about home ec: I wish that the general public knew that Home Ec is more than simply learning to cook and sew. We're teaching kids more than that! We're teaching to solve their problems, to work with others, to take responsibility for themselves, to ask for help, to take turns, to be patient. We're teaching them how to care for themselves, others, and their belongings. We're providing space for creativity and for structure. Home Ec is a place where every need on Maslow's Hierarchy is addressed in a tangible way.

From UBC

2016 SUMMER INSTITUTE PROGRAMS for BC Teachers

pdce.educ.ubc.ca/workshops-institutes

Focus on: HOME ECONOMICS

ECOLOGY OF FOOD STUDIES

EDCP 495 | Non-credit Begins July 4 | **Prince Georg** Register by May 23

AGRICULTURE IN THE CLASSROOM

EDCP 329 Begins July 18 | **Abbotsford** Register by June 6

TEXTILE STUDIES

EDCP 362 | Non-credit Begins July 11 | **Richmond** Register by May 30

The full list of summer learning programs is available at

<http://pdce.educ.ubc.ca/workshops-institutes>

In addition to these programs, below are some non-credit events may be of interest for your professional learning this summer.



NON-CREDIT PROGRAMS

GOING PUBLIC: BUILDING CAPACITY FOR KNOWLEDGE TRANSLATION THROUGH THE MEDIA

Begins May 30 | UBC Vancouver (*blended in-person & online*)
Apply by April 18

SRL INQUIRY HUB - Developing Self-Regulating Learners in Inclusive Classrooms

Non-credit program Begins July 4 | UBC Vancouver
Apply by May 23

PRACTICAL INQUIRY AND INNOVATION FRAMEWORKS for School and District Teams

Non-credit program
Begins July 8 | UBC Vancouver
Apply by May 26

CRITICAL DIGITAL LITERACY: ISSUES, CHALLENGES, DIRECTIONS

Begins July 25 | UBC Vancouver
Apply by May 30

SUPPORTING IMMIGRANT & REFUGEE STUDENTS IN SCHOOL AND COMMUNITY SETTINGS

Non-credit program
Begins August 22 | UBC Vancouver
Apply by July 11

CREATING THE FUTURE: Partnerships for Inclusive Learning

Non-credit program
Begins August 22 | UBC Vancouver
Apply by July 11

FRENCH IMMERSION SUMMER INSTITUTES

July | UBC Vancouver & Robson Square

INTRODUCTION TO COMPUTER PROGRAMMING, new BC coding curriculum

July 4-15 | UBC Vancouver

Plant Something BC

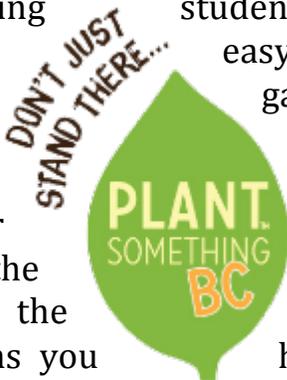
Imagine a world without plants? With over 3000 plants that are native to British Columbia, it may seem impossible. Now imagine a classroom that is void of plants? Although a plant less classroom sounds plausible, don't allow it to distract you from all the benefits that plants offer to the learning environment.



Plants offer many benefits ranging from health to environment. Although it is common knowledge that plants convert carbon dioxide to oxygen, did you know that having plants inside your classroom can act like a filter and improve the air quality that you breathe every day? Not only that, but plants in your classroom can increase productivity by 15% and reduce student's mental fatigue and behavioural issues. There have also been studies to show that exposure to plants and greenspaces have a positive effect on managing ADHD symptoms. After learning all the benefits of plants, integrating plants into your classroom should seem like the logical choice.

But the benefits don't stop there. There are more great reasons to use and promote gardening in your home economic classes. By asking students to plant and harvest their own vegetables and herbs, you are ensuring that the students are eating food that is rich in nutrients and void of chemicals and pesticides. Also, when an individual is invested in all parts of the food making process, they are more willing to eat food that they would normally turn their noses at. That's right, it means that they are more likely to eat the vegetables that they grew themselves.

What's more? By asking students to grow their own vegetables it teaches the students that it is easy to create a sustainable food source and reducing greenhouse gas emissions and environmental change right in their own backyard. Healthy eating and the environment are two pressing issues that are relevant to the students and to their future as the price of food continues to increase and the climate changes.



Still not convinced about the benefits of plants in the classroom? Let us answer any questions you have at PlantSomethingBC.ca.

Want to encourage your students to plant BC grown plants outside of the classroom? Get them to show us how they PlantSomethingBC by sharing their pictures and videos on facebook, Instagram or twitter. Conditions apply. Visit www.plantsomethingbc.ca for details.

Don't Just Stand There... PlantSomethingBC!

BC Agriculture in the Classroom

Since 1997, the BC Agriculture in the Classroom Foundation has partnered with UBC's Faculty of Education's office of External programs to deliver a Summer Institute: a third year level course in curriculum design. Participants are educators from a variety of primary, intermediate, and secondary disciplines and from many regions of the province. This course is open to and teacher interested in bringing sustainability, food system, and agriculture literacy into Through active guest speakers, video like, participants expand agriculture and food concepts and issues and reflect on their own values and orientations to the topic. As a result of visits to local farms and through intensive classroom work participants are expected to develop a unit drawn from the agricultural, environmental, economic and nutritional concepts featured in the provincial IRP's to share with other educators around the province. Registration is through UBC.



agricultural awareness, understanding of the integration of food and their classrooms. participation, field trips, presentations, and the their knowledge of

NEW! Take a Bite of B.C. Summer Institute

Connecting Agriculture and Home Economics Curriculum

July 4-8, 2016, Maple Ridge Secondary

Cost: \$275.00 Registration open until June 1, 2016

Registration: BC Agriculture in the Classroom Foundation

website: <http://www.aitc.ca/bc/programs/summer-institute>

This professional development seminar July 4-8, 2016 will include classroom sessions, farm and greenhouse field trips, hands-on practical lessons from our Chef Instructors and lots of delicious local flavours. Breakfast and lunch included each day. Learning from agriculture professionals, and working in small groups, participants will explore opportunities for introducing agriculture and the new home economics curriculum into their classrooms. By the end of the week, all participants will leave with valuable lesson plans, resources, contacts and new skills that will enrich the development of their home economics program.

About Our Chef Instructors:

Trevor Randle



Trevor holds a B.Ed. and is a MA of Education candidate from the University of British Columbia. He is also a red seal certified journeyman chef. Trevor is currently the Chef Instructor at Maple Ridge Secondary School, V.P. of the PSA, BCCASA and has been the B.C. Agriculture in the Classroom's chef for the past five years. Trevor is involved in developing new and innovative ways to include agriculture into his daily classroom practice as well as creating lesson plans that allow others to include agriculture education into their daily lives. From public culinary demonstrations to small interactive lessons in the classroom, Trevor continues to combine his passions for local agriculture, culinary arts and education to instill others with inspiration – and to provide the resources

necessary to find success in the kitchen and to discover everything that the bounty of BC agriculture has to offer.

Lauri Humeniuk



Lauri holds a Bachelor of Arts degree, an Associate of Applied Science degree in Culinary Arts, as well as a B.Ed. and is a MA of Education candidate from the University of British Columbia. She is a red seal certified journeyman chef and sits on the executive of the B.C. chef instructor's PSA, BCCASA. To consider Lauri a gastronomist is an understatement. As a life-long culinary artist, Lauri took her passion for culinary arts from her fine dining restaurant to the teaching kitchen at Spectrum Secondary School where she has revolutionized culinary arts education on the Island by successfully leading her culinary arts students through both regular culinary arts studies as well as the excelled ACE-IT program. Lauri consistently searches for avenues to

share her passion for culinary arts, agriculture and education and continues to do so both inside the teaching kitchen and out.

Summer Institute: EDCP 329 96A – Agriculture in the Curriculum (UBC credit course)

Since 1997, the BC Agriculture in the Classroom Foundation has partnered with UBC's Faculty of Education's office of External programs to deliver a Summer Institute: a third year level course in curriculum design. Participants are educators from a variety of primary, intermediate, and secondary disciplines and from many regions of the province. This course is open to and teacher interested in bringing agricultural awareness, sustainability, understanding of the food system, and integration of food and agriculture literacy into their classrooms.

Through active participation, field trips, guest speakers, video presentations, and the like, participants expand their knowledge of agriculture and food concepts and issues and reflect on their own values and orientations to the topic. As a result of visits to local farms and through intensive classroom work participants are expected to develop a unit drawn from the agricultural, environmental, economic and nutritional concepts featured in the provincial IRP's to share with other educators around the province.

Registration is through UBC.

Contract Opportunities for Teachers:

In 2016 some contract positions with BC Agriculture in the Classroom (BCAITC) will be open for teachers to focus on particular areas of curriculum need (Home Economics) and to maintain an online BCAITC information sharing with BC teachers. Watch the website at www.aitc.ca/bc to be aware of postings.

Farm to School Grants available

<http://www.farmtocafeteriacanada.ca/2015/12/farm-to-school-grant-bc-and-on-guidelines/>

There are grants available through another organization that may interest you if you would like to start a garden at your school.

If you are looking for a resource to get you started on planning a school garden or raised beds take a look at our resource Pencil Patch – A Garden for Learning available in the teacher Resources on our BC Agriculture in the Classroom website: www.aitc.ca/bc



TED Ed Lessons

You may already be familiar with TED Talks, but did you know that there are TED Ed Lessons? They are short video clips, with supporting materials, designed specifically for teachers. You can access the library of TED Ed Lessons here: <http://ed.ted.com/lessons>

There are a few that relate to topics or foods that are commonly found in Foods classes. There are thousands of them online, which could easily connect to other subjects that you teach. I like to use these on days when I have about 20 minutes to fill, or as a means to introduce a new topic. They are also helpful to show before or after a demo, to reinforce some of the discussion points.

1. *History Through the Eyes of the Potato* by Leo Bear-McGuinness

<http://ed.ted.com/lessons/history-through-the-eyes-of-the-potato-leo-bear-mcguinness#watch>

2. *The beneficial bacteria that make delicious food* by Erez Garty

<http://ed.ted.com/lessons/why-is-bread-fluffy-vinegar-sour-and-swiss-cheese-hole-erez-garty>

3. *Pizza Physics (New York Style)* – Colm Kelleher

<http://ed.ted.com/lessons/pizza-physics-new-york-style-corm-kelleher#watch>

4. *What is a calorie?* Emma Bryce

<http://ed.ted.com/lessons/what-is-a-calorie-emma-bryce#review>

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5. *How do carbohydrates affect your health?* by Richard J Wood
<http://ed.ted.com/lessons/how-do-carbohydrates-impact-your-health-richard-j-wood#watch>
 6. *What's the big deal with gluten?* by William D Chey
<http://ed.ted.com/lessons/what-s-the-big-deal-with-gluten-william-d-chey#review>
 7. *How does the thyroid manage your metabolism?* by Emma Bryce
<http://ed.ted.com/lessons/how-does-the-thyroid-manage-your-metabolism-emma-bryce>
 8. *How Does It Grow? Cranberries* <http://ed.ted.com/featured/NE5rcALF>
 9. *How do vitamins work?* by Ginnie Trinh Nguyen
<http://ed.ted.com/lessons/what-s-the-value-of-vitamins-ginnie-trinh-nguyen>
 10. *The science of spiciness* – by Rose Eveleth
<http://ed.ted.com/lessons/the-science-of-spiciness-rose-eveleth>
 11. *Sugar – Hiding in Plain Sight* – by Robert Lustig
<http://ed.ted.com/lessons/sugar-hiding-in-plain-sight-robort-lustig>
 12. *How sugar affects the brain* – by Nicole Avena
<http://ed.ted.com/lessons/how-sugar-affects-the-brain-nicole-avena>
 13. *Should we eat bugs?* By Emma Bryce
<http://ed.ted.com/lessons/should-we-eat-bugs-emma-bryce>
 14. *The Chemistry of Cookies* by Stephanie Warren
<http://ed.ted.com/lessons/the-chemistry-of-cookies-stephanie-warren>
 15. *What's wrong with our food system* – by Birke Baehr
<http://ed.ted.com/lessons/what-s-wrong-with-our-food-system-birke-baehr>
 16. *Caffeine!!*
<http://ed.ted.com/featured/gTGfE82A>

Further ideas for use: Any of these videos could be prefaced with a KWL (Know-Wonder-Learn) chart. Let students know what the topic is, and ask them what they know already. What do they wonder? Share the video, and discuss. Then, they record what they have learned. There is a KWL chart on the next page for you to use. Sometimes a good discussion emerges on this topic, and questions are left unanswered. When this happens, I put each group in charge of finding out one of the unanswered “wonders” – and have them fill in the question/response in the “next steps” section. It gives you something to open the next class with.

Name:

KNOW <i>What do I already know about this topic?</i>	WONDER <i>What do I wonder about this topic? What questions do I have?</i>	LEARN <i>What have I learned about this topic?</i>

Next steps:

Butter Bakery Marshmallows

1 cup (250 mL) water
3 envelopes unflavoured gelatin
2 cups (500 mL) granulated sugar

1/2 cup (125 mL) light corn syrup
1/2 tsp (2 mL) salt
2 tbsp (30 mL) pure vanilla

Generous amount of icing sugar to coat the marshmallows, about 2 cups (500 mL)

In a stand mixer fitted with a whisk attachment, pour in 12 cup (125 mL) of the water and sprinkle with the gelatin. Set aside to allow the gelatin to soak in.

In a medium saucepan over high heat, add the sugar, corn syrup, salt and remaining 12 cup (125 mL) of water. Bring to a rolling boil and continue to boil for 1 minute. Remove from the heat.

Turn the mixer to low and mix the gelatin once or twice to combine it with the water. Slowly add the hot sugar mixture, pouring it gently down the side of the bowl, and continue to mix on low. Be really careful at this point because the sugar mixture is smoking hot! It's not a job for little ones.

Turn the mixer to high and continue to whip for 10 to 12 minutes until the marshmallow batter almost triples in size and becomes very thick. Scrape down the sides of the bowl frequently to avoid the batter overflowing as it grows. Stop the mixer, add the vanilla, and then whip briefly to combine.

Transfer the mixture to the prepared baking pan and use a spatula or bench scraper to spread it evenly in a 9 x 9 inch (23 X 23 cm) buttered pan. Work quickly, as the marshmallow becomes more difficult to manipulate as it sets.

Grease a sheet of plastic wrap with butter and lay it across the top of the marshmallow. Press down firmly on the plastic wrap, to seal it smoothly and tightly against the mixture.

Leave the marshmallow to set at room temperature for at least 3 hours or, even better, overnight. The marshmallow will be too sticky and soft to cut if you try too soon.

Sprinkle a work surface or cutting board with the icing sugar. Run a knife along the top edge of the pan to loosen the marshmallow slab. Invert the pan and flip the marshmallow out onto the counter or board. Scoop up handfuls of the icing sugar and rub all over the marshmallow slab.

Use a large knife to cut the slab into 1 x 1 inch (2.5 X 2.5 cm) squares. Roll each of the freshly cut marshmallow squares in the remaining icing sugar to coat them completely.

Makes about 64 marshmallows.

mstainsby@vancouver.sun.com

Submitted by Doreen Vanstolk

Canadian Living Blondies – Rocky road

NAME: _____

February 2013

125 mL margarine or butter

300 mL brown sugar

2 eggs

10 mL vanilla

300 mL flour

2 mL salt

5 ml baking powder

90 mL chocolate chips

250 mL mini-marshmallows

METHOD

PREHEAT oven to 350. Place parchment in 2 loaf tins/pans (appr 8x4).

In a stand mixer, using a paddle, beat margarine, scrap down, add sugar, scrape down. Add eggs one at a time, scraping down between additions. Beat in vanilla. Stir in setting add flour, and salt, and baking powder. Stir in chocolate chips just until mixed. Push batter into 2 parchment lined loaf pans.

Bake for 20 min or until golden brown and it pulls away from the sides. Sprinkle with 50 mL chocolate chips and marshmallows. Bake 3 minutes until marshmallows melt. Cool on rack. Cut into 24 pieces.

QUESTIONS

1. What machine attachment do you use for cake?
2. What makes it 'rocky road'?
3. How many different blondie recipes are on the Canadian Living site?

Submitted by Doreen Vanstolk

CANADIAN LIVING ULTIMATE CHOCOLATE CAKE NAME _____

FEBRUARY 2014

12 CUPCAKES

INGREDIENTS

375 ML FLOUR
250 ML SUGAR
90 ML COCOA POWDER
5 ML BAKING SODA
1 ML SALT
125 ML OIL
250 ML COLD, STRONG COFFEE
5 ML VANILLA
20 ML CIDER VINEGAR

PREHEAT OVEN TO 350. PUT 12 CUPCAKE LINERS IN MUFFIN TINS.

IN A LARGE BOWL, WHISK THE FIRST 5 INGREDIENTS. ADD THE REMAINING 3 INGREDIENTS; WHISK.

PUT BATTER IN CUPCAKE LINERS. BAKE 20 MINUTES OR UNTIL THEY POP BACK WHEN PUSHED OR A KNIFE COMES OUT CLEAN.

COOL, THEN ICE.

BUTTERY CHOCOLATE ICING

125 ML BUTTER
45 ML LIQUID WHIPPING CREAM
10 ML VANILLA
300 ML ICING SUGAR
PINCH SALT
60 ML MELTED CHOCOLATE (MICRO 30 SEC AND STIR)

BEAT WHILE ADDING INGREDIENTS (IN ORDER) FOR 2 MINUTES. DECORATE WITH LARGE STAR NIB

QUESTIONS

1. WHAT INGREDIENT ACTIVATES THE BAKING SODA?
2. WHAT MAKES THIS A MOCHA FLAVOUR?
3. WHY VANILLA AND CHOCOLAT

Submitted by Doreen Vanstolk

Lemon bars – 1 loaf tin

Best of Bridge 1980

Name: _____

BLOCK: _____

CRUST

125 ML FLOUR

60 ML MARGARINE (COLD)

30 ML SUGAR

PASTRY METHOD, push into parchment lined
tin- bake at 350 for 15 minutes

CUSTARD

125 ML SUGAR

15 ML FLOUR

1 ML BAKING POWDER

ZEST OF ½ LEMON

JUICE OF ½ LEMON (20 ML)

1 BEATEN EGG

BAKE AT 350 FPR 15 – 20 MINUTES, UNTIL GOLDEN BROWN. SPRINKLE WITH ICING SUGAR.
COOL AND CUT INTO BARS

QUESTIONS

1. Why bake the crust first?
2. What size should the cut in margarine be?
3. How do you stop the bar from sticking if you don't have parchment?
4. What ingredient makes the filling a 'custard'?
5. Any other fruit (citrus) that can be used?
6. What type of cookie is this?

Submitted by Doreen Vanstolk

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Teacher's Apron w/o pockets - red, burgundy, forest green, navy, black	\$ 18.00		
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